

PARK

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#### June 1<sup>st</sup> - 7th, 2025

#### Sunday, June 1<sup>st</sup>, 2025

<ul> <li>9:00 AM – Catholic Mass (Fitness Center)</li> </ul>		
Church Transportation:	Departure:	Pick-up:
★Morning Star:	8:30 AM	10:00 AM
<b>Waypoint Church</b> :	9:00AM	10:15 AM
Å Chapel of the Lake:	10:30 AM	12:15 PM

• 10:00 AM - 1:00 PM – **Sunday Brunch** (Orchard Room)

- 12:15 PM Mahjong with Marcia (Fitness Center)
- 2:00 PM Bingo with Pam! (Orchard Room)
- 4:00 PM Rummikub Club (Orchard Room)
- 4:30 PM Sunday **Pinochle** Club-Open Invitation! (Fitness Center)
- Evening (Time TBD) **? Order Delivery Party-** The delivery food type, (i.e, Pizza, Chinese, etc,.),

payment method and order time are typically \_announced/decided during 2PM BINGO (Orchard

Room)

### Monday,

### •••) June 2nd, 2025 💽

- 8:00 AM Catholic Mass (Fitness Center)
- 9:00 AM- Brain Games (Orchard Room)
- 10:30 AM- Bodies in Motions with AW (Fitness Center)
- 11:00 AM Food Committee Meeting (Orchard Room)
- 12:30PM **Tea Party** (Not at 11:30 due to Food Committee Meeting Conflict) **Join us for "A Cup of Kindness":** 
  - Iced and Hot Tea
  - Finger Sandwiches
  - Dainty Sweets
  - Uplifting Conversation Starters
  - Fancy hats and attire encouraged! (Orchard Room)
- 1:00 PM 2:00PM Kings in the Corner (\*Fitness
   Center\*)
  - 2:00PM- NOTE CHANGE\*\*Town Hall Meeting\*\*

(Orchard Room)

- 3:00 PM **Bible Study** with Chaplain Kyle (Library)
- 4:00 PM 1st **Dinner** Seating (Orchard Room)
- 5:30 PM 2nd Dinner Seating (Orchard Room)

## Tuesday,

# June 3rd, 2025

Today in History:

In 1965 Ed White became the first American to walk in space. During NASA's Gemini 4 mission, White floated outside the spacecraft for about 20 minutes, tethered only by a 25-foot cord.

- 8:00 AM Catholic Mass(Fitness Center)
- 9:00 AM 3:00 PM **Doctor Visits** (Meet in Lobby)
- 9:30 AM Brain Games with Sada (Orchard Room)
  - **10**:30 AM **Bodies in Motion** with AW (Fitness Center)
- 11:30 AM Guided **Meditation** with Sada (Library)
  - 11:30 AM Hand & Foot (Orchard Room)
- 2:00 PM **Trivia** (Orchard Room)
  - $\circ~$  Round 1: "Spaced out" in honor of Ed White
  - Round 2: "11 Ways to Crack an Egg" (Nat.l Egg Day)
  - Round 3: "Whether the Weather"
  - ★° Round 4: "Grab Bag" Random Trivia
- 4:00PM- 1st **Dinner** Seating (Orchard Room)
- 5:30PM- 2nd **Dinner** Seating (Orchard Room)
  - 6:45 PM Bridge Card Game (Fitness Center)



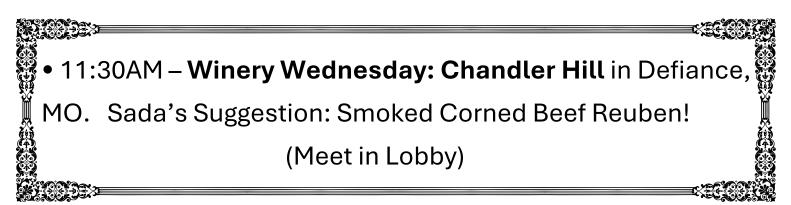


## National Cheese Day

Wednesday,

June 4<sup>th</sup>, 2025

- 8:00 AM Catholic Mass (Fitness Center)
- 9:00-11 AM Rise & Shine Errands with Mark
- 9:30 AM Brain Challenge (Orchard Room)
- 10:00 AM Rosary & Prayers (Library)
- 10:30 AM Bodies in Motion with AW (Fitness Center)
- 11:00 AM Activities Committee Meeting (Orchard Room)



- 11:30 AM Resident-Led: Hand, Knee, Foot (Orchard Room)
- 2:00 PM Cheese Bingo with Sada! (Orchard Room)
  - 4:00 PM 1st Dinner Seating (Orchard Room)
    - 5:30 PM 2nd Dinner Seating (Orchard Room)
      - 6:45 PM Pinochle Club- Come Learn! (Fitness Center)







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- 9:00 AM **Bodies in Motion** with AW Healthcare (Fitness Center)
- 9:00 3:00PM Doctor Appointments (Meet in Lobby)

Thursday,

June 5<sup>th,</sup> 2025

- 9:30 AM Brain Challenge with Sada (Orchard Room)
- 10:00 AM Alzheimer's Volunteer Sign Up Meeting
  - We need helping hands—big and small!
     Whether you can give an hour, a few now and then, or more, your time makes a difference.

Join us to learn about a variety of volunteer roles and how you can be part of this meaningful cause!

- 10:30 AM Operation Bedroll Project (Orchard Room)
- 10:30 AM 12:00 PM Avalon's In-House "Your Store" (Fitness Center)
- 11:30 AM Hand & Foot Card Group (Orchard Room)
  - 11:30 AM Guided Meditation Class with Sada (Library)
- 2:00 PM Lecture: Golden Age of Radio Part II

Tune in as we explore the voices, shows, and stories that shaped a generation. From war reports to westerns, radio was the soundtrack that shaped America. (\*FITNESS CENTER\*)

4:00 PM – 1st Dinner Seating (Orchard Room)

5:30 PM 7 2nd Dinner Seating (Orchard Room)

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#### June 6th, 2025

Friday,

• 8:00 AM – Catholic Mass (Fitness Center)

 9:00 AM - 11:00 AM – Rise & Shine Errands with Mark (HWY K Day!)

• 9:30 AM – Brain Challenge with Sada (Orchard Room)

• 10:30 AM – **Bodies in Motion** with AW Healthcare (Fitness Center)

• 11:00 AM- Craft: Patriotic Suncatchers (Craft Center)

• 11:30 AM – 1:30 PM – Texas Hold 'em (Fitness Center)

#### • 2:00 PM – Happy Hour featuring Luke Queen

Luke Queen covers all your favorite tunes from the 1950s and on the angle of the second secon

• 4:00 PM – **1st Dinner Seating** (Orchard Room)

5:30 PM – **2nd Dinner Seating** (Orchard Room)

6:15 PM – Friday Bridge Players (Fitness Center)

### Saturday, June 7th, 2025

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**訂世** 

In 1859 Big Ben rang for the first time! Big Ben is the nickname for the giant bell inside the famous clock tower at the Houses of Parliament in London. Though many people call the whole tower "Big Ben," the tower itself is officially called Elizabeth Tower, and it's one of the most iconic symbols of England.

- 11:00 AM Bible Study with Fred Hampton (Fitness Center)
- 12:30 PM Resident-Led: Hand, Knee & Foot (Orchard Room)
- 12:30 2:00PM "Your Store" (Fitness Center)
- 4:00 PM **1st Dinner Seating** (Orchard Room)
  - 5:30 PM 2nd Dinner Seating (Orchard Room)

Below is the "London Skyline" with an arrow pointing to Big Ben!

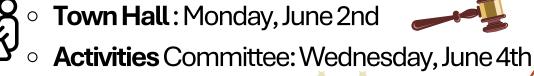
# Upcoming

# **Events & Holidays**

June 2<sup>nd</sup>: "Cup of Kindness" Tea Party at 12:30pm for National "Say Something Nice Day"

Committee Meetings





- Friday June 6<sup>th</sup>: **Book Club**
- Sadark "MoTown" Show: Thursday, June 12th
- June 14<sup>th</sup>: **Ambassadors of Harmony** Show
- June 17<sup>th</sup>-Blind Root Beer Tasting Contest
- June 18<sup>th</sup>- Patio Potluck Picnic- See Sada for details, Sign up at Concierge Desk 4

ROOT

BEER

- June 20th Puppy Party on the Patio for National "Take Your Dog to Work" Day! Awards for: Best Pet Attire & Best Pet Trick  $\int_{\Gamma}$ June Birthday Bash: Friday, June 27<sup>th</sup> with <u>The Cottleville</u>
  - <u>Cowboy "Harry Fry"</u>-Wear your Country Best and Cowboy Hat!
  - \*AW will be providing a Happy Hour Snack\* 🍭
  - July 3rd Fourth of July Sadark Show featuring the Avalon Choir!
  - July 4th-Independence Day Celebration featuring Roy & Dave: Avalon favorites! This is a MUSTSEE show!

**Daily Tips & Reminders** 



- Trash Service: \$5/ week set out trash on Mon and Thurs before 8:00AM
- Doctor's Trips: Must be scheduled 48 hours in advance between 9:00 AM 3:00 PM and within 10 mile radius.
- Maintenance/Housekeeping Requests: Call/stop by the Concierge Desk.
- Book Mobile: Day/Time Subject to Change, TBD, in the meantime see Sada with Library needs.
- AW Healthcare: Physical Therapy and in-home care services available. Call Diane Fanning (314) 330-7992
- In House Physician: Dr. George Mansour is accepting new patients. He is our in-house concierge physician. Call Casanitas Medical Group (636) 489-1137
- Avalon Park Emergency Alerts: Add Avalon Alert System to phone contacts Avalon Park Alerts (636) 259-5525. This is the automated number the notifications will come from. See Sada for help.
- Free Check In service available. Please see Concierge for complimentary daily check-in calls.
- Questions? Feedback? See Sada or call (636) 251-4400!





DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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ALEXANDRITE GARDEN LEMONADE SOLSTICE BARBECUE GEMINI LONGEST DAY STRAWBERRY D-DAY GRADUATION OUTDOORS SUMMER DIPLOMA HONEYSUCKLE PEARL THIRTY DAYS FATHER'S DAY JUNE PICNIC VACATION JUNETEENTH FLAG DAY ROSE WEDDING

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